



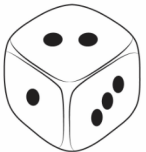
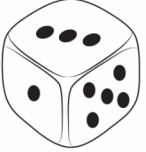

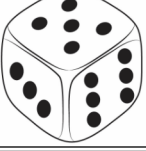





Roll and Move!



		Roll 1 	Roll 2 	Roll 3 
		Boat Pose	Triangle Pose	Downward Dog Pose
		Do two squat jumps	Hop on the spot for two minutes	Bum kicks for two minutes
		Jump as high as you can three times	Run on the spot for three minutes	Hop, skip and jump across the room
		Hold plank pose and count slowly to four	Sing head, shoulders, knees and toes with the actions	Touch all four corners of the room
		Touch your toes five times	Clap your hands five times	Stamp your feet five times
		Do six sit ups	Catch a ball six times	Show me six dance moves